

## Book Discussion

### *In This Body, In This Lifetime*

Discussion with Esho Sudan, Editor and Kogen Czarnik, Translator

# IN THIS BODY, IN THIS LIFETIME

AWAKENING STORIES OF  
JAPANESE SOTO ZEN WOMEN

*From students of Sozen Nagasawa Ni-Roshi*

Edited by ESHO SUDAN | Translated by KOGEN CZARNIK  
Foreword by PAULA ARAI



**ESHO SUDAN** (editor) is a Soto Zen nun and teacher based in Japan. She teaches the Baikaryu style of chanting and has worked as an editor for various monastery publications in Japan, the United States, and Australia for more than two decades.

Born in 1888, Sozen Nagasawa Roshi was a pioneering figure in Japanese Zen Buddhism, dedicating her life to supporting and empowering women practitioners. Overcoming significant societal barriers, she became an abbess, trained hundreds of students, and championed equal rights for nuns. Known for her compassionate yet rigorous approach, Nagasawa Roshi guided her students through koan practice to achieve kensho (enlightenment).

*In This Body, In This Lifetime* presents a selection of 30 first-person accounts from her female students, translated into English for the first time. These intimate stories reveal the personal struggles and unwavering spiritual determination of women seeking to end their suffering and awaken to their true nature. Set against the backdrop of World War II-era Japan, these inspiring narratives depict their resilience in the face of loss, hardship, and cultural upheaval as they pursued the path to enlightenment.

## Book Discussion

**Wednesday, June 11**

7:00-7:10pm - Evening Service

7:10-7:40 - Zazen

7:40-7:50 - Tea & Announcements

7:50-9:00 - Book Discussion –  
*In This Body, In This Lifetime*

9:00-9:10 - Vespers



**Dharma Rain Zen Center**  
**8500 NE Siskiyou St. in the Sodo**  
**Cost: Free/Donation**

